



Group Fitness



F: Peak Tennis in Hayden
IG: @peakhayden
TW: @PeakIdaho

95 W. CENTA AVE. ~ HAYDEN, IDAHO 83835 ~ 762.5777

12/12/18

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 to 6:30 AM			Transform Julie L		Transform Julie L		
7:30 to 8:30		Barre Above® Teresa					Pilates Becki G
8:00 to 8:50			STRONG* Interval Patty		RIP* Patty		
9:00 to 10:00		Step & Condition Amber		Step & Condition Heidi			Cardio Step Roni (50 min)
9:15 to 10:15			Pilates Kristen		Pilates Danielle	STRONG* CIRCUIT Linda	
10:30 to 11:30						Peak Z Explosion Danielle	RIP* Roni (10:00-10:50)
10:30 to 11:30	NIA Jamie	Forever Fit Carey (10:30 – 11:25)	NIA Jamie	Forever Fit Carey (10:30 – 11:25)	NIA Jamie		
11:00 to 12:00							<i>Body & Soul</i> Andrea
4:30 to 5:30 PM		RIP* Heidi (50 min)	<i>Body & Soul</i> Erin (55 min)		Pilates Becki G		
5:45 to 6:45		Peak Z Explosion Heidi	Pilates Becki (5:30 – 6:20)	6:00 -7:00 Barre Above® Danielle	CORE 9 Andrea		
7:00 to 8:00			Peak Z Explosion Heidi		Peak Z Explosion Rachel		

*Requires an advance sign up to reserve your spot

All class reservations are now made on the Mind Body App

No show fee = \$2

Cycling Schedule

5:30 to 6:30 AM		<i>Spinning</i> Trena		<i>Spinning</i> Trena		<i>Spinning</i> Trena	
7:45 to 8:45							<i>Spinning</i> Diane
8:00 to 8:50		<i>Spinning</i> Julie L		<i>Spinning</i> Julie L		<i>Spinning</i> Kristin	
9:15 to 10:15			<i>Spinning</i> Patty		<i>Spinning</i> Patty		
4:30 to 5:30 PM		<i>Spinning</i> Patty		<i>Spinning</i> Patty			
6:00 to 6:50			<i>Spinning</i> Kristen		<i>Spinning</i> Kristen		

*All Spinning Classes require an advance sign up to reserve your bike.

Peak Hayden Hours: Monday – Friday 5 AM to 10 PM & Saturday – Sunday 7 AM to 9 PM

****Policy for all classes that require an advance sign up: Participants must be present in class 5 minutes prior to the class start time, or any other waiting participant may take your reserved spot.**



Class Descriptions ~ Hayden

- BARRE ABOVE** ~ Techniques used from Pilates, Ballet, Calisthenics and Yoga. Improve balance, flexibility and cardiovascular endurance using the floor and Barre.
- BODY AND SOUL** ~ A sensual dance class that incorporates strength, body awareness, posture and balance techniques. Designed for all skill levels, you can make this class in intense cardio/strength workout, or just a way to raise the heart rate and loosen up the body.
- CORE 9** ~ A full body, Tabata influenced, toning workout designed around strengthening your core. Nine (9) different strengthening exercises are performed in eight, 20 second intervals to promote postural and core strength while working all major muscle groups. Several high intensity cardio intervals will keep your heart rate up to promote fat burn while building long lean muscles. Modifications are shown to fit each individual fitness levels.
- FOREVER FIT** ~ A fun filled 55 minute class that will offer options to challenge all ages and fitness levels. Includes cardio, strength training, balance and flexibility. A variety of equipment will be used and classes will vary. An active older adult class.
- NIA** ~ Nia is a dynamic movement experience combining the power of martial arts, expression of dance arts, the awareness of healing arts to bring your body, mind, emotions and spirit to life! Balancing technical precision with free-form movement, Nia emphasizes conditioning, creativity and community through joyful movement.
- PEAK Z EXPLOSION** ~ Peak instructors will Zap your stamina with their high energy dance fitness moves during this 1 hour class. Modifications provided throughout this explosive workout.
- PILATES** ~ A mind body technique by using the breath, developing core stability, flexibility, and muscle tone without impacting joints.
- RIP*** ~ RIP is a group weight training program designed to accommodate a wide range of fitness levels. The goal is to improve muscular strength and endurance to our participants with a safe and effective workout.
*** Sign-up required two days in advance.**
- SPINNING*** ~ A cycling program led by certified instructors to music for everyone, any age, at every level of fitness. Come 10 minutes early to your very first class for bike setup and instruction. Bring water and a sweat towel. ***Sign-up required two days in advance.**
- STEP & CONDITION** ~ Prepare for a motivating higher paced step workout with powerful conditioning. Receive that extra dash of heart pumping energy.
- STRONG CIRCUIT** ~ A great cross-training boot-camp class. Working all the major muscles with our Strong equipment and adding some cardio to our circuit stations.
- STRONG INTERVAL*** ~ A 50 minute class featuring blocks of 3 strong weight lifting intervals with a 1 minute cardio segment. Designed to attack all major muscles including the heart! *** Sign-up required two days in advance.**
- TRANSFORM** ~ A fusion of core, glut, cardio and strength interval workouts. A class with sporadically chosen sports influenced movements. This class focuses on transforming to a better improved body.
- YOGA*** ~ A centering exercise, warm-up stretches, classical YOGA postures (Hatha Yoga) with a stress management focus. Each class ends with a guided relaxation. ***Sign-up required two days in advance.**

FEES ~ **Members:** Free **Non-Members:** \$80.00 for sixteen punch card pass, or 1 class \$10.00
Contact your doctor before starting an exercise program in case of existing heart problems, pain, or other physical problems.

For More Information, Contact Linda Yates, Group Fitness Director at 762.5777